

# CT Families First Program & Service Array Workgroup

*Orientation Session for New WG Members  
10/15/2020*



**Workgroup Co-Chairs:  
Elizabeth Duryea  
Elisabeth Cannata**

# Today's Agenda: New WG Member Orientation!

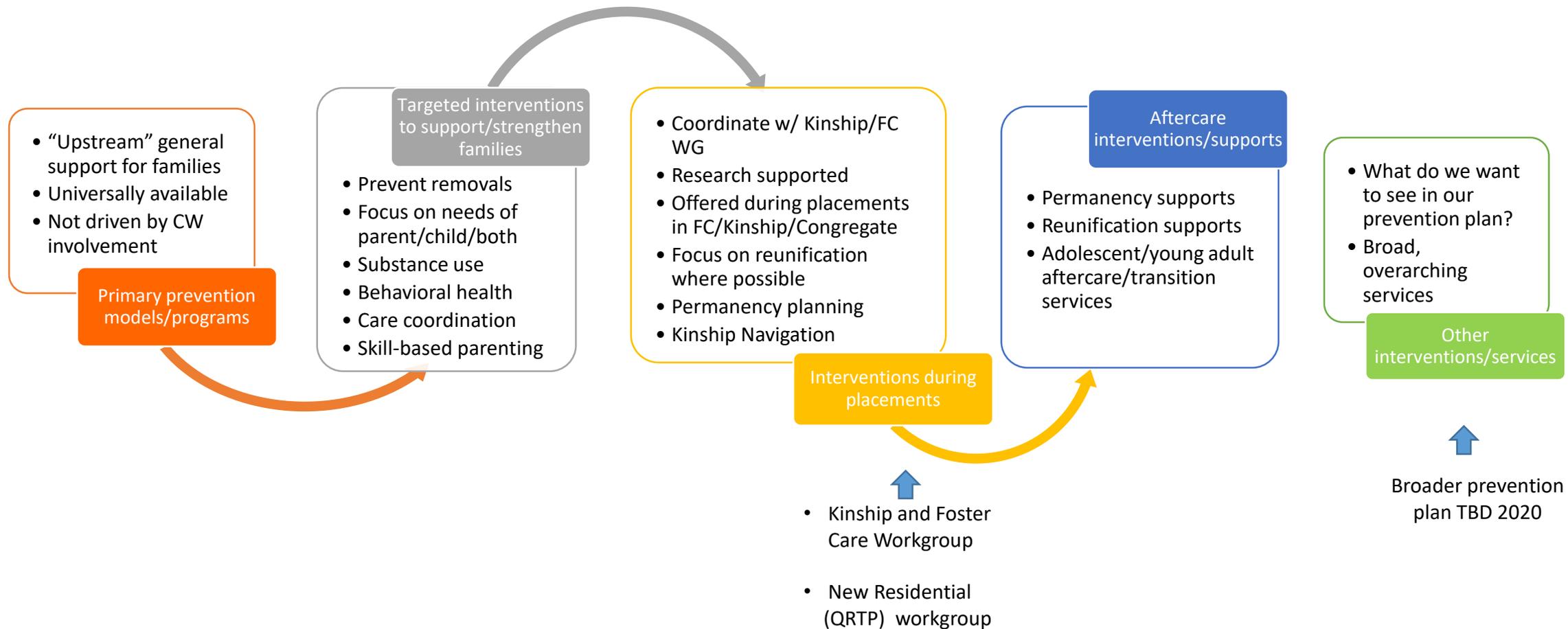
- Introductions
  - Who's joining? Why this workgroup?
- CT Continuum of Services to Strengthen Families
  - What did our mapping reveal?
- Review candidacy definitions approved by CT Families First Governance
- Review FFPSA standards for model approval
  - What Evidence Based Programs are eligible?
- Q & A – what questions do you have?

# Workgroup overview

- Kick-off session: December 13, 2019
- 6 meetings on bi-weekly basis
  - 3 hour meetings
- 70+ workgroup members representing cross-section of partners:
  - Providers
  - Model developers
  - Community partners
  - Advocates
  - Other agencies
- First deliverable: Candidacy plan program/service recommendations
  - Original target date - April 2020
  - Revised target date – December 2020

# Guiding Conceptualization: Where we started in January!

## Connecticut Continuum of Services that Strengthen Families



# Primary prevention models/programs

Primary care screening for ACES	Widely available/Statewide	1,2,3,4	
Assistance for children in Transition		1,2,3,4	Needs clarification; Specific program or model?
Recreational Afterschool Programs	Limited availability	1,2,3,4	Specific program or model?
Parenting Support Services (PSS)	Widely available/Statewide	1,2,3,4	Parenting skills
<b>Triple P</b>	<b>Widely available/Statewide</b>	<b>1,2,3,4</b>	<b>FFPSA pending - Parenting skills</b>
Circle of Security	Widely available/Statewide	1,2,3,4	Parenting skills
Mindfulness Based Stress Reduction	Limited availability	1,2,3,4	Parenting skills
FAVOR - Family Peer Support Program	Limited availability	1,2,3,4	Parenting skills
Child First		1,2,3,4	Parenting
Nurturing Families		1,2,3,4	
Birth to Three		1,2,3,4	
<b>Parents As Teachers (PAT)</b>			
Head Start			
<b>Parent/Child Interaction Therapy (PCIT)</b>			Parenting skills
<b>Nurse-Family Partnership</b>			FFPSA approved - Parenting skills
STRIVE			Parenting skills
Be Proud/Be Responsible		1,2,3,4	Parenting skills
Caregiver Support Teams			
Fatherhood Engagement Services (FFES)	Statewide		
24/7 Dads			

**PHASE 1: COMPREHENSIVE INVENTORY: WHAT PROGRAMS & SERVICES DO WE HAVE THAT STRENGTHEN FAMILIES?**

## Targeted interventions for children

	widely available/Statewide	1,2,3,4	Mental health
	Widely available/Statewide	1,2,3,4	Mental health
<b>Family Therapy (FFT)</b>	<b>Widely available/Statewide</b>	<b>1,2,3</b>	<b>FFPSA approved - Mental Health, Substance use</b>
<b>Systemic Therapy (MST)</b>	<b>Widely available/Statewide</b>	<b>1,2,3,4</b>	<b>FFPSA approved - Mental health, Substance use</b>
<b>Multidimensional Family Therapy (MDFT)</b>	<b>Widely available/Statewide</b>	<b>1,2,3</b>	<b>FFPSA pending - Mental health</b>
IICAPS	Widely available/Statewide	1,2,3,4	Mental health
Early Childhood Consultation Program (ECCP)	Limited availability	1,2,3,4	Mental health
Headstart	Widely available/Statewide	1,2,3,4	Mental health
Crisis response - EMPS	Widely available/Statewide	1,2,3,4	Mental health
Modular Approach to Treat Children with Anxiety, Depression, Trauma or Conduct Problems (MATCH)	Widely available/Statewide	1,2,3,4	Mental health
Cognitive Behavioral Intervention for Trauma in Schools (CBITS)	Widely available/Statewide	1,2,3,4	Mental health
Dialectical Behavior Therapy (DBT)	Limited availability	1,2,3,4	Mental health

# CANDIDACY DEFINITIONS: Approved January 2020

Families with **accepted Careline calls**

Families who have been **accepted for Voluntary Services**

**Pregnant and parenting youth in foster care**

**Siblings of children in foster care**

**Youth exiting to permanency or youth aging out of DCF foster care**

Families with certain characteristics **who are identified through a community or neighborhood pathway:**

- Children who are chronically absent from preschool/school or are truant from school
- Children of incarcerated parents
- Trafficked youth
- Unstably housed/homeless youth
- Families experiencing interpersonal violence
- Youth who have been referred to the juvenile review board or who have been arrested
- Caregivers who have, or have a child with, a substance use disorder, mental health condition or disability that impacts parenting  
Infants born substance-exposed (as defined by the state CAPTA notification protocol)

# LET'S REMEMBER OUR GOAL!

Our current matching focus:

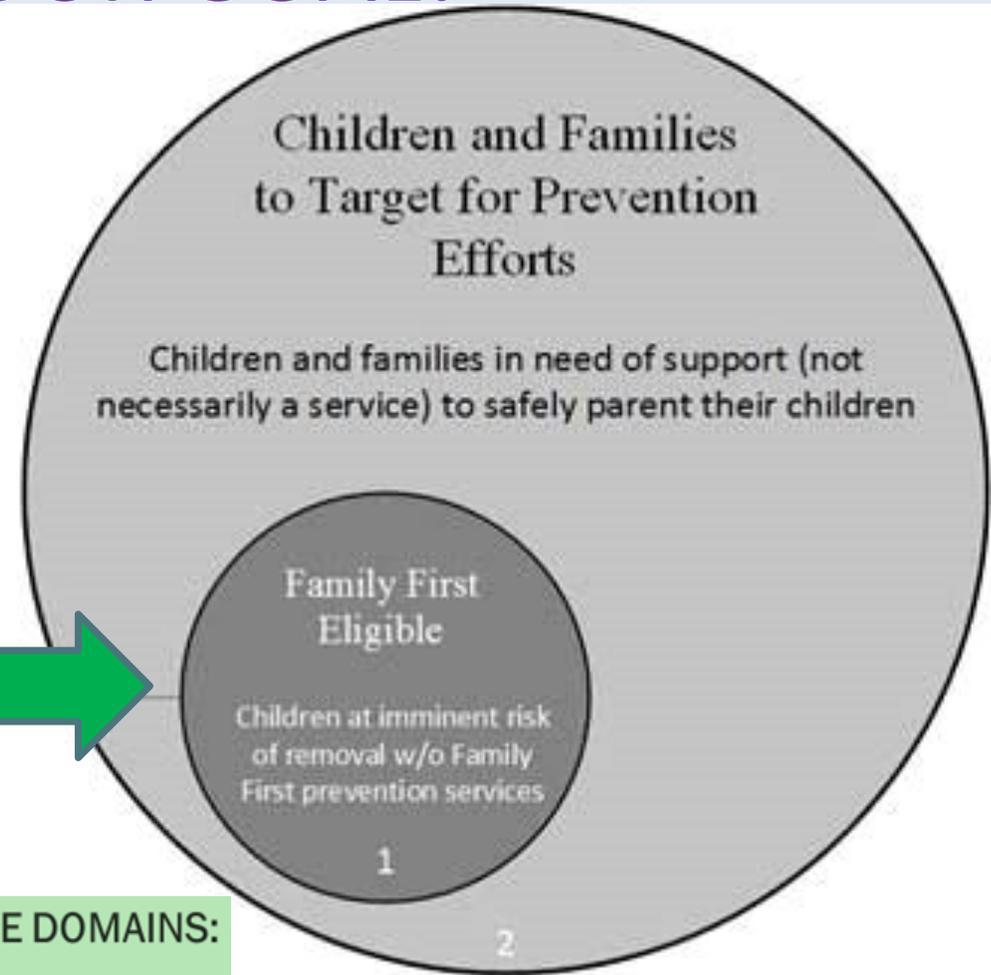
What programs or services do we have or need to reduce risk of child removal from families in our candidacy groups that have a level of research support that could potentially qualify for consideration for Title IV-E reimbursement?

## AREAS OF FOCUS:

- MENTAL HEALTH PREVENTION AND TREATMENT
- SUBSTANCE ABUSE PREVENTION AND TREATMENT
- IN-HOME PARENT SKILL-BASED PROGRAMS AND SERVICES

## REQUIRED OUTCOME DOMAINS:

- CHILD SAFETY
- CHILD PERMANENCY
- CHILD WELL-BEING
- ADULT WELL-BEING



# TYPICAL STANDARDS FOR “EVIDENCE-BASED” PRACTICE:

- INTERVENTION IS “MANUALIZED”
  - CLEARLY **DEFINED AND REPLICABLE** PARAMETERS FOR PRACTICE (TOOLS, SEQUENCES, EXPECTATIONS FOR THE PROVIDER OF THE SERVICE)
  - BEST PRACTICE INCLUDES MECHANISMS/RESOURCCES FOR TRAINING, ONGOING COACHING AND FIDELITY MONITORING
- TARGET POPULATION IS WELL DEFINED
  - INCLUSIONARY AND EXCLUSIONARY CRITERIA
- INTERVENTION HAS MET RIGOROUS RESEARCH STANDARDS DEMONSTRATING EFFECTIVENESS
  - GOLD STANDARD FOR EVIDENCE: TWO RANDOM ASSIGNMENT CONTROL STUDIES

# PARTICULAR STANDARDS OF FFPSA CLEARINGHOUSE

- Requirement of an independent, systematic evidence review
- Allows for review of publicly available research studies, not just those from peer reviewed journals
- Allows for randomized or rigorous quasi experimental group design
  - At least one intervention condition and at least one comparison condition
  - Intervention and comparison condition can be formed through either randomized or non-randomized procedures, but not a pre and post test of same individuals
  - Comparison can be of individuals or groups of individuals (e.g. families, providers, centers)

# FOCUS OF PROGRAM AND SERVICE REVIEW OF FFPSA CLEARINGHOUSE

## AREAS OF FOCUS:

- MENTAL HEALTH PREVENTION AND TREATMENT
- SUBSTANCE ABUSE PREVENTION AND TREATMENT
- IN-HOME PARENT SKILL-BASED PROGRAMS AND SERVICES
  
- KINSHIP NAVIGATOR PROGRAMS

## REQUIRED OUTCOME DOMAINS:

- CHILD SAFETY
- CHILD PERMANENCY
- CHILD WELL-BEING
- ADULT WELL-BEING

### ABOVE DOMAINS AND:

- ACCESS TO SERVICES
- REFERRAL TO SERVICES
- SATISFACTION WITH PROGRAMS AND SERVICES

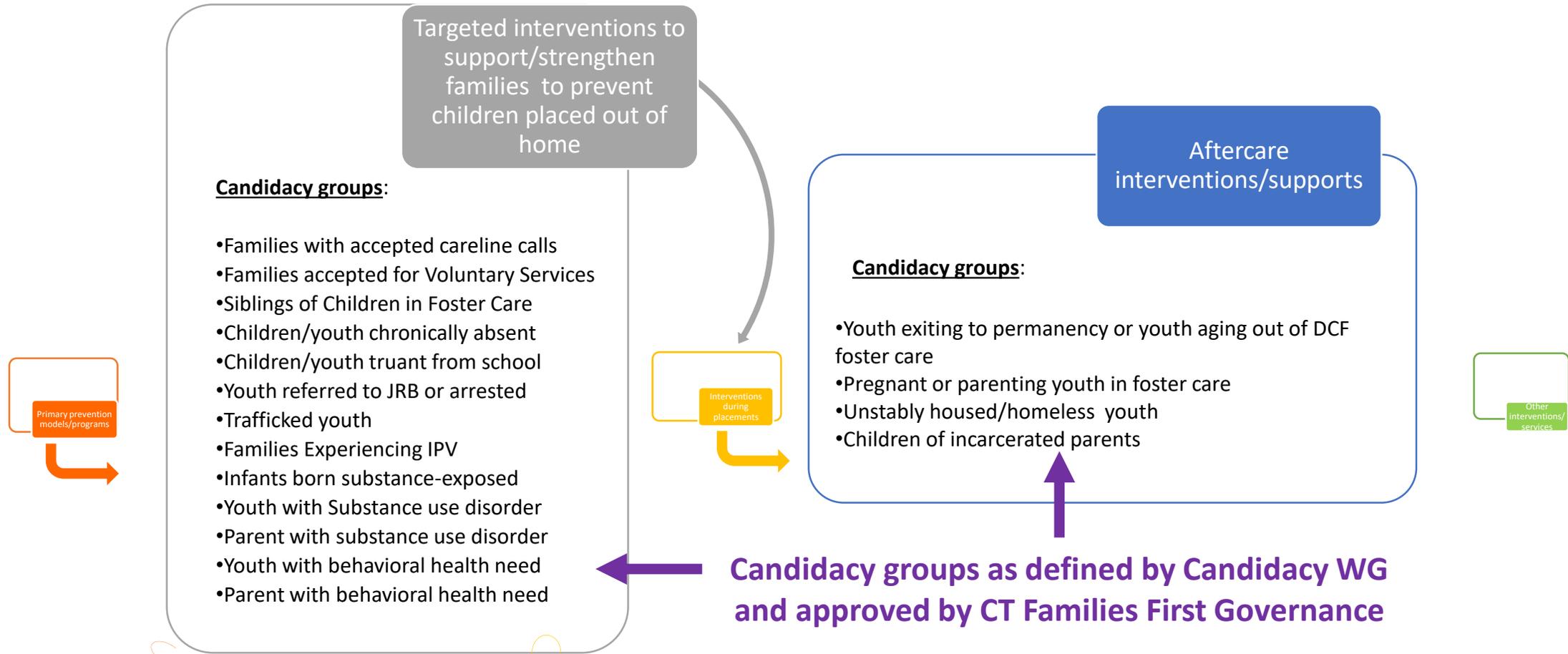
# FUTURE FFPSA CLEARINGHOUSE REVIEW

- Continued review of programs and services submitted for review in 2018 that met established eligibility standards for review
- Call for program and service recommendations at least annually
- Particular consideration will be given to programs and services
  - Recommended by State or local government administrators and tribes
  - Rated by other clearinghouses (e.g. CEBC or HomVEE)
  - Recommended by federal partners
  - Evaluated as part of any grants supported by the Children's Bureau

# Strengthening Connecticut's Families Through Systems of Prevention & Support



# FOCUS JUST BEFORE HIATUS: MATCHING PROGRAMS & SERVICES TO DEFINED CANDIDACY GROUPS



# MODEL INVENTORY OF IDENTIFIED PROGRAMS/SERVICES

357 Permanency Model
ABC (Hartford pilot)
Accelerated Resolution Therapy (ART)
ACRA-ACC
ADAPT/ACT
AF-CBT (Alternatives to Families CBT)
Applied Behavioral Analysis (ABA)
Attachment Regulation & Competency (ARC)
Attachment & Bio-behavioral Catchup
Beyond Trauma
Beyond Violence
Brief Strategic Family Therapy (BSFT)
Community Behavioral Interventions for Trauma in Schools (CBITS)
Child & Family Traumatic Stress Intervention (CFTSI)
Community Health Assistance Program (CHAP)
CHEER
Child First
CHOICES
Circle of Security
Cognitive Behavioral Therapy (CBT)
Community Based Life Skills (CBLs)
DBT
Eat Sleep Console
Eye Movement Desensitization & Reprocessing (EMDR)
Emerge
EVOLVE
Explore
Families Facing the Future/FFF
Family Check-Up
Father for Change
Family Based Recovery (FBR)
FFT

FFT-CW
Generation PMTO (Parent Mgmt Training - Oregon)
GLAD Mentoring
Healthy Families America
Homeless youth programs
Housing First
Housing programs for families
IICAPS
IDP
Intensive Family Preservation (IFP)
IPV-FAIR
Kinship Navigator Program
Lifeskills Inventory (LIST)
Lives in the Balance/CPS Collaborative
MAT
MATCH
MDFR
MDFT
MDR
Mentoring
Motivational Enhancement Therapy (MET) -CBT
Methadone Maintenance Therapy (MMT)
Mind Over Mood
Minding the Baby
MOMs Empowerment
Mothering from the Inside Out
Mothers and More
Motivational Interviewing
MST
MST-EA
MST-BSF
MST-IPV
MST-PSB

My Life My Choice (Love146)
Not a Number (Love 146)
Nurse Family Partnership
Nurturing Parenting Program
Parent Child Psychotherapy
Parents As Teachers (PAT)
Paul and Lisa
Parent Child Interaction therapy (PCIT)
Permanent Supportive Housing
Prolonged Exposure
Restorative Justice
Safe Babies CT
School Based Diversion Initiative (SBDI)
Seeking Safety
SMART RECOVERY
SPARCS
Step-by Step Parenting Program
STRIVE
Supportive Housing for Families
Supports for Families w/ch/parents with Dev Disabilities
Supports for GP/CG of Children with Dev Disabilities/Delays
SWEPT
TARGET
TF-CBT
TLAP
Trauma Informed Approach
TREM
Triple P
VOICES
Wrap Around/Care Coordination
Young Adult Services
YVLifeset ( DCF TSEA pilots)

# BREAK-OUT GROUPS: JAN/FEB 2020

Workgroup members matched program and service models to intervention needs and Target Outcomes for each candidacy group

ONE  
EXAMPLE  
FROM  
BREAK-OUT  
GROUP B:

**Group B. Services for individuals with foster care experience. Most likely teens.  
Pregnant and parenting youth in foster care**

- Youth exiting to permanency or youth aging out of DCF foster care

<b>Core elements to be addressed through evidence-based program or service (based on review of candidacy group risks/needs and desired outcomes for youth/families receiving the program or service):</b> <i>These are desired targets to strengthen families to prevent out of home placement that will be addressed through matched research-supported programs and services that will meet rigorous criteria of FFPSA Clearinghouse to eventually gain status as "EBP" (* note any elements that MUST be addressed by selected program or service)</i>	<b>Program or Service</b> <b>Specific Research-Supported Intervention</b> <b>matched to the identified desired outcomes</b>	<b>FFPSA Clearing-house?</b> <b>Indicate classification</b>	<b>Other vetting or level of empirical support</b>	<b>Currently available in CT?</b>
<p><b>Youth exiting to permanency or youth aging out of DCF</b></p> <ul style="list-style-type: none"> <li>Appropriately matched for this developmental stage</li> <li>Promotes <b>Independent living skill</b> development</li> <li>Assists with long-term planning (e.g. education, employment)</li> <li>Promotes <b>self-sufficiency</b></li> <li>Promotes youth connections (social network and community supports)</li> <li>Needs Assessment and <b>connection to services/resources</b> (e.g. mental health or substance use treatment; entitlements; healthcare)</li> <li>Supports youth in finding and maintaining <b>stable housing</b></li> </ul> <p>Additional considerations:</p>	<p>Community Health Assistance Program (CHAP)</p> <p>Young Adult Services</p> <p>Life Skills Inventory (LIST)</p> <p>YV Lifeset</p>		<p>RCT Study showing housing stability and some improved wellbeing; ongoing program evaluation being conducted by</p>	<p>Yes</p> <p>Yes</p> <p>Yes</p> <p>yes</p>

# RESEARCH & REVIEW: FEB/MARCH

WG volunteers helped with research & review for inventory of programs and services according to FFPSA criteria for EBP status

## Review Grid: Evidence-Based and Promising Practice Programs & Services for Families First Planning

<b>Title IV-E Prevention Services Clearinghouse Areas of Focus:</b> <ul style="list-style-type: none"> <li>• Mental Health Prevention &amp; Treatment (parent or child)</li> <li>• Substance Abuse Prevention &amp; Treatment (parent or child)</li> <li>• In-Home Parent Skill-Based Programs &amp; Services</li> </ul>	<b>Required Outcome Domains</b> <ul style="list-style-type: none"> <li>• Child Safety</li> <li>• Child Permanency</li> <li>• Child Well-Being</li> <li>• Adult Well-Being</li> </ul>
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Model	Candi- dacy Group Match	Target Population	Level of Empirical Support	Research-Supported Outcomes	Provider Qualifi- cations	Training and Supervision	Service Location
Functional Family (FFT)	C, E,F	11 to 18 year old youth who have been referred for behavioral or emotional problems by juvenile justice, mental health, school, or child welfare systems. Family discord is also a target factor for this program.	Well Supported  Title IV Prevention Services Clearinghouse	Child well-being: Behavioral and emotional functioning Child well-being: Substance use Child well-being: Delinquent behavior Adult well-being: Family functioning	Masters level clinicians	Sites that deliver FFT engage in three phases of training: clinical, supervision, and maintenance. In the clinical training phase, local clinicians are trained on the FFT model through weekly consultations and activities (typically over the span of 12 to 18 months). In the supervision phase, a local site staff is trained to serve as their FFT supervisor through a one-day onsite training, two two-day trainings, and monthly consultations.	Conducted in clinic and home settings. It can also be delivered in schools, child welfare facilities, probation and parole offices, aftercare systems, and mental health facilities.

# MARCH: WG established growing inventory of program/services matched to identified needs

Excel screenshot showing a spreadsheet titled "DRAFT PSAWG.xlsx" with a data table mapping Program/Service Models to various Community Groups (CGs).

Program/Service Model	Research Base Level	CG 1: Accepted Careline Calls	CG 2: Accepted V/S	CG 3: Pregnant/Post-nat Youth	CG 4: Siblings of Ch in TC	CG 5: Youth exiting to family/living out	CG 6: Community Pathway (see subgroup)	CG 6 (A)(1): Ch chronically absent	CG 6 (A)(2): Ch who are in treatment	CG 6 (B): Ch with incarcerated parents	CG 6 (C): Trafficked Youth	CG 6 (D)(1): Unably Home-ed/Homesless Youth	CG 6 (D)(2): Unably Home-ed/Homesless Youth	CG 6 (E): Families with IPV	CG 6 (F): Youth referred to JJ/JRB/arrested	CG 6 (G)(1): Caregiver w/ SUD/co-occurring cond. Impact parenting	CG 6 (G)(2): Families w/ Youth w/ SUD/co-occurring cond. Impact parenting	CG 6 (G)(3): Caregivers w/ BI/co-occurring cond. Impact parenting	CG 6 (G)(4): Youth w/ BI
Community Behavioral Interventions for Trauma in Schools (CBITS)	CCEB																		
Child & Family Traumatic Stress Intervention (CFTSI)	CCEB	X	X		X				X	X	X	X							
Community Health Assistance Program (CHAP)	Does not meet FFPSA																		
CHEER	Does not meet FFPSA																		
Child First	Potential FFPSA	X	X	X													X	X	
CHOICES	Does not meet FFPSA																		
Circle of Security	CCEB			X	X														
Cognitive Behavioral Therapy (CBT)	CCEB																		
Community Based Life Skills (CBLS)	Does not meet FFPSA									X									
DBT																			
Eat Sleep Console	Does not meet FFPSA								X										
Eye Movement Desensitization & Reprocessing (EMDR)	Potential FFPSA					X													
EMERGE													X						
EVOLVE																			
EXPLORE																			
Families Facing the Future/FFF	FFPSA																		
Family Check-Up	Potential FFPSA																		
Father for Change	Other	X	X																
Family Based Recovery (FBR)	Other	X		X															
FFT	FFPSA	X	X		X			X	X	X			X		X		X		X

# OCTOBER 2020: What's next? Slicing and Dicing

PROGRAM AND SERVICE ARRAY "TOP TIERS" FOR CONSIDERATION TO GUIDE MODEL SELECTION FOR SMALL TITLE IV-E POTENTIAL FUNDING

<p><b><u>MODELS THAT MEET NEEDS ACROSS MULTIPLE CANDIDACY GROUPS</u></b></p> <p>Mental Health (parent or youth)          Substance use (parent or youth)          Parenting Skill</p>
<p><b><u>MODELS THAT ADDRESS NEEDS MOST ASSOCIATED WITH CHILD REMOVAL</u></b>  <b><u>(that are "matchable" to a research supported program or service)</u></b></p> <p>Parenting Skill Deficits resulting in neglect/abuse          Parent Substance Use Disorder / Mental Health Condition impacting Parenting Capacity          Highly Disruptive Child Behavior          Housing instability for families</p>
<p><b><u>MODELS THAT ADDRESS NEEDS THAT ARE OFTEN EXCLUSIONARY FROM OTHER PROGRAMS OR SERVICES OR</u></b>  <b><u>WHERE THERE IS A CURRENT GAP THAT PLACES FAMILIES AT RISK OF CHILD REMOVAL</u></b>  <b><u>IF THERE IS RESEARCH-SUPPORTED MODEL ADDRESSING SPECIALIZED NEED</u></b></p> <p>Trafficked youth          Housing Insecurity          Behavioral Health Needs of and Parenting Skills for children with special needs (health, DD, ID)          Family strengthening where parent incarcerated(CG)</p>
<p><b><u>EBPS THAT COULD PROVIDE CROSS-SYSTEM SUPPORT</u></b></p> <p>Motivational interviewing (model for care coordination) Broad-based Parenting Program(?)</p>

# WHERE WE ARE PICKING UP:

- Review expanded list of models classified on FFPSA Clearinghouse
- Finalize review of all models identified by workgroup in Phase 1
- Reduce potential programs and services list to models that meet, or likely to meet, FFPSA Clearinghouse criteria
- Workgroup to match reduced list of models to candidacy group needs and select models to recommend to governance body and fiscal workgroup for inclusion in FFPSA plan for Title IV-E reimbursement
  - ✓ Looking at current services that meet criteria, gaps in current service array, models that meet multiple Candidacy Group needs
  - ✓ May require interim guidance from fiscal workgroup leads and/or governance committee
  - ✓ **Candidacy plan must focus on models that meet FFPSA level of empirical support**

# NEXT STEPS FOR PSAWG:

- Orientation session for new members – 10/15/2020 via Zoom
- Review/update charter with new meeting dates
- Continue to review service mapping by Candidacy Group